



TRAILWALKER

The Friends of the Heysen Trail
SOUTH AUSTRALIA

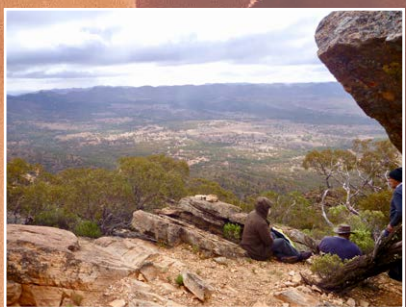
SPRING 2019

Issue 153

FREE



Wading Through Canyons
National Parks of Southwest USA



We Can't Stop Here!
The Heysen Trail Beyond Parachilna?

PLUS

- The Camino Inglés
- Cleaning Gore-Tex Jackets
- Botanic Thoughts on Mt Remarkable



uorn
CARAVAN PARK



The Natural Choice

cleaning and gardening naturally

Ensuite Cabins | Bunkhouse | On Site Van | Camping
surrounded by parklands, with a short stroll to town



Gary & Bronwyn Lucas

info@quorncaravanpark.com.au 8648 6206



*Building friendships, confidence & camaraderie
among women as we explore the world together.*



Adventurous WOMEN

**SMALL GROUP WALKS AND MORE
EXCLUSIVELY FOR WOMEN
SINCE 2008**

- Bibbulmun Track Sections - WA
- Flinders Ranges Walking Holiday - SA
- Camino Pilgrimage - Spain & Portugal
- Women's Outback Camel Trek - SA
- Top End Explorer: Arnhem Land, Kakadu & Litchfield - NT
- Kangaroo Island Walking Tour - SA
- Kilimanjaro - Full Moon Summit Trek
- Arthur Wainwright's UK Coast to Coast
 - Wild Untamed Borneo
 - Treasures of Morocco
- Other great walks, activities & adventures...

www.adventurouswomen.com.au
info@adventurouswomen.com.au
Ph: 1300 388 419



Friends of the Heysen Trail members receive a 10% discount



Published by the
Friends of the
Heysen Trail &
Other Walking
Trails

Suite 212, Epworth Building
33 Pirie St, Adelaide SA 5000
Phone (08) 8212 6299
Web heysentrail.asn.au
Email heysentrail@heysentrail.asn.au
Facebook facebook.com/HeysenTrail
Twitter twitter.com/HeysenTrail
YouTube youtube.com/HeysenTrail
Pinterest pinterest.com/HeysenTrail



Mid North Branch
Phone (08) 8841 3450
Email burra.heysentrail@gmail.com

MEMBERSHIP INFORMATION

Single \$25 per year
Family \$40 per year
Schools & Organisations \$60 per year
Membership is valid for 12 months from
the date of payment

TRAILWALKER MAGAZINE

Deadline for the next issue
(Summer 2019-2020):
Friday 1 November 2019

Views expressed in contributed articles
are those of the authors, and not
necessarily those of the Friends of the
Heysen Trail.

The Trailwalker magazine is
available by subscription or online at
heysentrail.asn.au/trailwalker

The Trailwalker magazine is published
quarterly:

- Autumn (March)
- Winter (June)
- Spring (September)
- Summer (December)

The Trailwalker magazine has a
distribution of 1500, and an estimated
readership of approximately twice that
number.

Articles, reports and other submissions
by members and other interested
parties are welcome and should be
emailed to the Trailwalker Editor at
trailwalker@heysentrail.asn.au

The submission deadline is usually the
first Friday of the month prior to the
month of publication.

ADVERTISING RATES (Ex. GST)

1/8 page vertical \$55 per issue
1/4 page \$80 per issue
1/2 page \$135 per issue
Full Page \$200 per issue

Flyer (supplied for insertion)
\$240 per issue

A commitment for 12 months advertising
(four issues) would attract 10% saving

Advertising specifications and
article submission guidelines are
available upon request or by visiting
heysentrail.asn.au/trailwalker

Contents

Magazine of the Friends of the Heysen Trail
Issue 153 Spring 2019

5

President's Report

Melanie Sjöberg

7

Black Jack Cabin

Paul Bond demonstrates what
300 hours of voluntary labour
can achieve.

11 & 12

Restoring Mayo

Hut

Paul Nicholas
explains how
he supervised
a team of
unemployed and homeless men
in restoring Mayo Hut in 1988.



13

First Aid Kits

Judy McAdam
itemises
what should
be in your
personalised first
aid kit.



15

Volunteer Profile

Dean Mortimer is our next
volunteer to be profiled for this
regular feature.

17

Botanical Thoughts on Mt Remarkable

Mary Lane continues her series
on native plants along the Trail.

20

How to Care for Gore-Tex

Tracey Evans
gives good
advice on
cleaning your
Gore-Tex jacket.



21 & 22

We Can't Stop Here!

Jim McLean investigates
extending the Heysen Trail from
Parachilna to Mount Hopeless.

25 & 26

Wading Through

Canyons

Izabela Buick
recommends
the national
parks of the
Southwest USA.



27

The Camino Inglés

Kevin Liddiard
takes the six-day
'English Way'
pilgrimage from
Ferrol to Santiago
de Compostela.



29 & 30

Tasmania's Mt Field National Park

Mike Joyce describes a one-day
walk with everything from
remnant snow to rainforest.



The Friends of the Heysen Trail & Other Walking Trails

OFFICE

Suite 212, 33 Pirie Street,
Adelaide SA 5000
Phone (08) 8212 6299
Web heysentrail.asn.au
Email heysentrail@heysentrail.asn.au

Open Monday to Friday
10.30am – 2.30pm

VOLUNTEERS

Mondays

Graham Loveday
Neil Nosworthy
Elizabeth Rogers

Tuesdays

Valerie Boundy
Chris Caspar
Judy McAdam
Chris Porter
David Rattray OAM

Wednesdays

Robin Bodycomb
Vicki Cahalan
Gilbert Downs
Jack Marcelis

Thursdays

Eve Buckley
Erica Gordon
Julian Monfries
Judy Szekeres

Fridays

Cathy Bowditch
Erika Guess
Julia McLachlan
Suzanne Mausolf

Relief Staff

Eve Buckley
Colin Edwards
Dom Henschke
Graham Loveday
Jack Marcelis
Robyn Quinn

About the Friends of the Heysen Trail

Patron

His Excellency the Honourable
Hieu Van Le AC

Council Members 2018/19

Melanie Sjoberg	President
Suzanne Matthews	Vice President
Julian Monfries	Secretary
Stephen Salib-Brown	Treasurer
Robert Alcock	John Newland
Greg Boundy	Neil Nosworthy
Colin Edwards	Robyn Quinn
Dom Henschke	John Wilson
Carol Homewood	

Council Meeting Dates

Wednesday 18 September 2019
Wednesday 16 October 2019
Wednesday 20 November 2019

Sub-Committee Chairs

Colin Edwards	Trail Development
Peter Larsson	Walking
David Rattray OAM	Office
Helen Morgante	Marketing & Membership
Julian Monfries	Honorary Membership

Warren Bonython

Heysen Trail Foundation

Neville Haar	Chairman
Neil Nosworthy	Secretary

Mid North Branch

Garry Fieldhouse	President
Kate Greenhill	Vice President
Sally Fieldhouse	Secretary
Hugh Greenhill	Section 13 Leader
Sam Nichols & Garry Fieldhouse	Publicity Officers

Maintenance Section Leaders

Albert Schmidke	Section 1
Roger Dunn	2A
John Newland	2B
Hermann Schmidt	3&4
(Wandergruppe Bushwalkers)	
John Babister	5
Richard Webb	6
Graham Loveday	7
Ian Harding (WEA Ramblers)	8
Jerry & Michelle Foster	9
Wayne Turner, Kevin Crawshaw,	
Peter Deacon	10
Dom Henschke, Colin Rozman,	
Rick Price	11
Dom Henschke	12
Hugh Greenhill (Mid North Branch)	13
Daniel Jardine	14
Ron Capel (ARPA), Don McDonald	15
Julie Starkey, Gary Wright	16
Michael Kerin, Neil Finlay	17A
Simon Cameron	17B
David Henery (Alpana Station),	
Gavin Campbell	18

Honorary Members

Sadie Leupold	Jack Marcelis
Thelma Anderson OAM	Julian Monfries
Kath Palyga	Terry & Frances Gasson
Richard Schmitz	Simon Cameron
Arthur Smith	David Rattray OAM
Colin Edwards	Hermann Schmidt
Hugh Greenhill	Robert Alcock
Glen Dow	Liz O'Shea
Barry Finn	John Potter
Dean Killmier	Kevin Liddiard
John Wilson	
David Beaton	

Honorary Members (Deceased)

Terry Lavender OAM	Doug Leane
Jim Crinion	Fred Brooks
Neville Southgate	Jamie Shephard

Trailwalker Editor

Greg Martin

Editorial Sub-Committee

Robert Alcock	Judy McAdam
Philip Bell	Liz Rogers
Robyn Coburn	Julie Stapleton
Colin Edwards	
Tammy Main	

Website Editor

Jeremy Carter

Membership Secretary

David Rattray OAM

Office Manager

Dom Henschke

Bookkeepers

John Wilson
Maria Newland
Nimer Kaur
Tina Behnke



COVER PHOTOS:

The amazing
Antelope Canyon
by Izabela Buick,
and the view from
Patawarta Hill by
Jim McLean.

Trailwalker welcomes submissions from
readers of photos suitable for the cover of
the magazine

President's Report

Heysen Trail Funding Boost from the State Government



Melanie Sjoberg

What good news for the Heysen Trail! Many Friends have expressed their enthusiasm for an announcement in the June State Budget that \$6m will be allocated for enhancements to the Heysen Trail and Deep Creek Conservation Park over the next three to four years.

We know the Heysen Trail is an adventurous bushwalk recognised around the country, and among overseas long distance walkers. Now this funding boost has the potential to build on that record and attract new walkers to the region and the Trail.

Representatives from the Friends have worked closely with Yankalilla Council, Deep Creek Rangers and some local businesses for close to three years, consulting with the local community and walking groups. We developed a proposal to highlight the exceptional walking experience along that wild

south coast section of the Heysen Trail and generated ideas to connect with accommodation, food and transport aiming to attract greater numbers to the Fleurieu Peninsula. The vision includes a 'stand-out' entrance at Cape Jervis, walker-specific campsites, improved access roads and day visitor areas, and an accessible trail along Goondooloo Ridge.

The Minister for the Environment & Water (DEW) David Speirs met with the

Friends of the Heysen Trail and Friends of Parks groups around Deep Creek to outline the key elements of his plans. He gave a commitment that there would be close collaboration with the Friends as important stakeholders in the project. Members will be kept informed as details and timeframes are developed through the consultation process.

It is encouraging to hear that the Minister is genuinely engaged with promoting parks and trails. This outcome indicates he is prepared to support ideas from Friends' groups and local communities.

The Friends follow in the footsteps of conservation activists and visionaries who have long advocated for the preservation of natural spaces for bushwalkers, birders, flora and fauna observers, or those who may just wish to sit among trees. We understand that dedication to nature-based projects is not just good for the environment; research increasingly shows that being in nature is critical to strong physical and mental wellbeing. Importantly, this project affirms years of dedicated work by hundreds of Friends' volunteers walking, publicising and keeping the Trail alive.

Our Council, committees and volunteers will work closely with other Friends' groups, the community and DEW to bring this vision to fruition and, hopefully, this becomes a potential model for development along other key sections of the Heysen Trail. 🌿



"We acknowledge the Aboriginal people as the Traditional Owners of the beautiful land that we walk on. We appreciate their continuous spiritual connection to this country over thousands of years and we pay our respects to their Elders, past, present and future."

The Best of the Yorke



Friends of the Heysen Trail Walk the Best of the Yorke

26th April – 2nd May 2020

Bus from Adelaide

Seven days walking. Walk leader: Simon Cameron

\$400 pp

Further Information and bookings
via online Walk Calendar (heysentrail.asn.au)

End-to-End Minus 2. It's all downhill from here

Julian Monfries alerts us that bookings open soon for only the second Friends' Minus End-to-End, as it starts rather than ends at Parachilna Gorge in the Flinders.

If you've walked the Heysen Trail from south to north, then this is for you. A new End-to-End -2 will start in 2020 and over three years we will walk the whole trail.

Three walking weeks per year for three years, and it's downhill all the way!

Well, that's the plan!

To join us on this reverse traverse, you must be a member of the Friends and have completed a south-north walk with one of the End-to-End groups.

Numbers will be limited as accommodation is sparse.

The leadership team come from End-to-End 1, 3 and 5, and Minus 1, and, collectively, have walked the Heysen Trail ten times.

The first year (2020) dates are: -

Week 1 Parachilna Gorge to Moralana Drive: Saturday May 16th to Friday May 22nd; 5-days walking

- no rest day - based at Willow Springs, just north of Wilpena. The accommodation has been pre-booked by the Friends and there will be a lot of sharing.

Week 2 Moralana Drive to Warren Gorge: Saturday June 13th to Sunday Jun 21st; 6 days based at Hawker for 4 days and transferring on our rest day (Thursday 18th) to Quorn. You will need to organise your own accommodation.

Week 3 Warren Gorge to Melrose: Friday 24th July to Sunday August 2nd; 7 days walking, based at Quorn until 29th July, then transferring to Melrose. You will need to organise your own accommodation.

Bookings will open about two weeks after this edition of *TrailWalker* is distributed.

Start planning now if you want to be part of this downhill adventure! 🍷

Walk Leaders Training Night Tuesday 8th October



PHOTO: Julian Monfries

Have you ever thought you may like to lead walks for the Friends of the Heysen Trail? Well, here's your chance. In a low-key evening you'll get to see what goes on - on and off the trail - as we run through the basics of being a walk leader. With the Friends membership now over 1200 people and this year's walks booking out weeks in advance, we need more leaders as we look at putting more walks on the calendar in 2020.

So if you're interested we'd love to see you there. Please see the Walks Calendar on the Friends' website (heysentrail.asn.au) for further details.



Tony Brosnan took this photo last year with End-to-End 10 on the Hallett to EE George Quarry section of the Trail

Wowie! It's 'owie' country

Tracey Evans noticed in the traditional lands of the Ngadjuri people that many place names end with 'owie'.

Whilst walking north of Burra with End-to-End 10 in 2018, I noticed numerous towns ending with 'owie'.

I was intrigued to understand the significance of this suffix, so did a bit of research, and learned that 'owie' is an Aboriginal word meaning 'water'.

Look out for these places and see if the meaning of their name is still reflected in the surrounding countryside.

Booborowie: round waterhole

Caltowie: waterhole belonging to the sleepy lizard

Coobowie: wildfowl on the water

Canowie: stony waterhole

Tarcowie: torrential waters

Terowie: hidden waterhole

Willowie: green tree water

Yarcowie: wide water. 🌊

Discounts to Members

Discounts are available to members at retail outlets that support the Friends of the Heysen Trail.

For the full list of discounts go to:

<https://heysentrail.asn.au/friends/discounts-available-to-members>

BLACK JACK CABIN

Paul Bond describes how 300 volunteer hours and only \$5,000 can transform an unwanted cabin into a well-equipped hiking shelter near Burra.

Black Jack campsite, situated northeast from Burra, can be most inhospitable whenever the weather turns wet and windy, as it often does during the walking season. Walkers can now seek comfort in a newly placed cabin and redeveloped site.

In October 2018, a cabin at Urrbrae Wetlands became surplus to requirements following the development of new infrastructure and was donated to the Friends of the Heysen Trail. A contractor was engaged to dismantle the roof and take it to the Friends shed at Cobbler Creek. City Crane Trucks were then contracted to move the shell of the cabin to Cobbler Creek, with all work completed in November 2018.

From January to May 2019 the regular shed maintenance crew renovated the cabin. This included window replacement, general repairs, painting inside and out, and six bunks fitted.

During that time, there was much consideration given to where on the Trail the cabin should be located, taking into consideration accessibility by truck, appropriate spacing from other huts on the trail and visibility from public roads or picnic areas to mitigate risk of vandalism.

It was determined that Black Jack was the site that best fitted these criteria.

In May, a small team installed concrete footings for the cabin and in late June City Crane Trucks transported the cabin and craned it onto the footings. Over the next two days, a maintenance crew re-erected the roof and entry steps and relocated the camp platform,

which had been installed next to the old shelter.

During July, the installation had been completed, including a trial of solar lighting with capacity for recharging mobile phones. It will be interesting to see how effective this relatively inexpensive item proves itself to be.

Overall, Black Jack is now a well-equipped site, with the newly placed cabin, camp platform and fire pit complementing the old shelter, rainwater tank and toilet. Future work will see a rainwater tank installed and plumbed to serve the sink inside the cabin.

This was achieved through some 300 volunteer hours and the expenditure of about \$5,000 raised from membership and walk fees.

ACKNOWLEDGEMENT: The following have contributed volunteer hours to the renovation and relocation of the cabin: Colin Edwards, Tai Lim, Neil Rivett, Rick Price, Colin Rozman, Julian Monfries, Daniel Jardine, Paul Bond, Daniel, Peter and Andrew Fosdike, and Dom Henschke. Hermann Schmidt and Arnulf Mollenhauer displayed great craftsmanship in constructing the bunks. 🧑🏻‍🔧

FROM TOP: The cabin as it looked at Cobbler Creek; footings installed at the Black Jack site; the cabin being craned onto footings at Black Jack; and the cabin in position with its roof being installed

PHOTOS: Paul Bond





End-to-End Walks 2019 Walk Season Programme

This version released 27 December 2018

heysentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
September	Sun Sept 1 End-to-End 14 Waitpinga to Tugwell Rd	Sun Sept 8	Sat Sept 14 - Sun Sept 15 End-to-End 12 Kapunda to Hamilton to Peters Hill Sun Sept 15 End-to-End 13 Montacute Heights to Cudlee Creek	Sat Sept 21 - Sun Sept 22 End-to-End 11 Raeville to Locks Ruin to Bowman Park Sun Sept 22 End-to-End 14 Tugwell Rd to Inman Valley	Sat Sept 28 - Sun Sept 29 End-to-End 10 Dutchmans Stern to Eyre Depot to Buckaringa
October	Sun Oct 6	Sun Oct 13 End-to-End 13 Cudlee Creek to Nugget Rd Sun Oct 13 End-to-End 14 Inman Valley to Myponga	Sat Oct 19 - Sun Oct 20 End-to-End 11 Bowman Park to Mt Zion (Mills Rd) to Wirabarra Sat Oct 19 - Sun Oct 20 End-to-End 12 Peters Hill to Gerkie Gap to Webb Gap	Sun Oct 27	

You can join any walk on this End-to-End programme.
Simply select a hike you would like to join and register online.



TrailStarter & TrailWalker Walks 2019 Walk Season Programme

This version released 15 February 2019

heysentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
September	Sun Sept 1 TrailWalker Mount George Greg Boundy Sun Sept 1 TrailWalker Deep Creek Adam Matthews	Sun Sept 8 TrailStarter Kersbrook Kevin Liddiard Sun Sept 8 TrailWalker Morialta Peter Larsson	Sun Sept 15 TrailStarter Anderson Loop Kevin Liddiard Sun Sept 15 TrailWalker Deep Creek Peter Larsson	Wed Sept 18 Mt Lofty Peter Larsson Sun Sept 22 TrailStarter Sturt Gorge Philip Bell Sun Sept 22 TrailWalker TBA Peter Clark	Sun Sept 29 TrailStarter Jenkins Scrub/Mt Crawford Mary Cartland Sun Sept 29 TrailWalker Onkaparinga Jon Holbrook
October	Sat Oct 5 TrailWalker Willunga Basin Trail Jardine/Sjoberg Sun Oct 6 TrailStarter Sir Mark Oliphant CP John Babister	Sunday Oct 13 Special Event Walking SA Walktober	Wed Oct 16 Sturt Gorge John Babister	Sun Oct 20 TrailStarter Onkaparinga Michael Middleton Sun Oct 20 TrailWalker Horsnell Gully Peter Larsson Sun Oct 26 TrailWalker Willunga Basin Trail Jardine/Sjoberg Sun Oct 27 TrailRambler Orchids Philip Bell Sun Oct 27 TrailWalker Cleland Paul Gill	

Walks Grade.

There are five different grades of walks on the Friends of the Heysen Trail walk programme. Four of these operate during the walk season – generally from April to November – when it is not Fire Ban Season:

- TrailStarter
- TrailWalker
- Trail Rambler
- End-to-End

Details of each walk grade are provided on the website heysentrail.asn.au/walks

Walks Registration.

Register for a walk either online or over the phone; online at heysentrail.asn.au or phone the office on 8212 6299. Walks

close between Tuesday and Friday prior to the walk. Closing dates and time are listed on each event page on the website.

Walk Cancellations.

TrailStarter and TrailWalker walks will be cancelled if the forecast temperature for Adelaide is equal or higher than 32°C. If unforeseen circumstances arise and you are no longer able to participate in the walk, please notify the office as soon as possible, or leave a message on the answering machine.

Further Information.

Details about each walk, the hot weather policy, what to wear and what to bring, walk grades or to print off a colour copy of the programme, visit heysentrail.asn.au

Help us monitor water on the Trail

Heysen walkers, especially through-walkers, are reminded that in some locations on the Trail the supply and quality of water can't be guaranteed.

While we endeavour to have up-to-date information on water levels in all our tanks, due to the remote location of some, this isn't always possible.

Be prepared

Plan for your walk by checking the location of tanks along the Trail.

There are approximately 70 publicly accessible water tanks and supply points along the Trail, not including additional sources in the towns the Trail passes. Generally, you will pass at least one water point a day.

You can find a list of these water sources in the Accommodation

list on the Friends' website. By conducting a 'Water tank' and 'Water only location' search on that page, you will find the water points along your intended route.

Read any comments that have been made by other walkers about the tanks and campsites. You will find them at the bottom of each page of the campsite and tank location description. As the Trail heads into the more remote and arid areas in the north, the water supply is less reliable. Read what other walkers have posted recently and, as a back up, carry enough water to last into the next day if you're unsure.

You can help other walkers and our office volunteers keep a track of water supplies by sending us reports on the condition of tanks, campsites and the Trail. Tell us about tank water levels and their quality in the 'Leave a Reply' section.

If you see maintenance work that needs attention, you also can report that to our Trail Development team. Post a comment and we will get the problem assessed and fixed as soon as possible. 🛠️

Expressions of Interest

The Friends of the Heysen Trail are exploring the prospects of organising a week's walk in 2020 from Cape Jervis to Victor Harbor. This has arisen from walkers living in the Mid North and other regional areas of SA who find it unappealing to drive to the South Coast to join an End-to-End group for one Sunday's walk. If you're interested in joining such a group next year please phone (8212 6299) or email (heysentrail@heysentrail.asn.au) the Friends' office with your expression of interest.

End-to-End Awards

Congratulations to the following walkers who recently completed the Heysen Trail and have received End to End awards:

Les Tucker
Martin Davey
Cheryl Greaves
Don Galvin
Paul Adamson
Don Andrews
Robert Browne
Peter Cram
David George
Carl Greenstreet
Eleanor Garnett

Walkers who completed the Trail with the End-to-End 9 group led by Peter Clark will be included in the Summer 2019-20 issue of *Trailwalker*.

If you've completed the Trail and haven't applied for your complimentary certificate and cloth badge, please contact the Office.

You can also complete an online application form. You will find a link to the form on the Friends' website <https://heysentrail.asn.au/>

Keeping track of End-to-End groups

Congratulations **E2E9** who have reached Parachilna and completed their six-year odyssey.

E2E10 are at Dutchmans Stern and will reach Buckaringa by the end of the year.

E2E11 are heading from Bowman Park to Wirrabara.

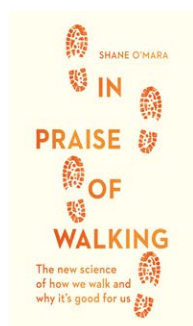
E2E12 are walking from Peters Hill to Webb Gap via Gerkie Gap.

E2E13 are on their way from Cudlee Creek to Nugget Road.

E2E14 are through Inman Valley and about to reach Myponga.



How Walking Makes Us Healthier, Happier and Brainier



In Praise of Walking by Shane O'Mara
Bodley Head (2019) 224pp \$35.00

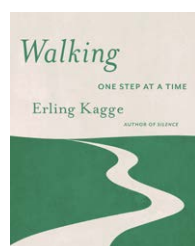
Walking upright on two feet is a uniquely human skill. *In Praise of Walking*, neuroscientist

Shane O'Mara explains how walking is good for our muscles and posture, helps to protect and repair organs, and can slow or turn back the ageing of our brains. While moving we think more creatively, our mood improves and stress levels fall. The book is a cautionary tale as we allow our lives to become more sedentary. 'There are all sorts of rhythms happening in the brain as a result of engaging in [walking] and they're absent when you're sitting,' O'Mara writes.

The author urges us to start walking again, whether it's up a mountain, down to the park, or simply to school and work. He cites a 2018 study that tracked participants' activity levels and personality traits over 20 years, and found that those who moved the least scored lower in the positive traits: openness, extraversion and agreeableness. 'There is substantial data showing that walkers have lower rates of depression.'

In Praise of Walking encourages its readers to exchange their gym gear for a pair of walking boots and get walking.

Walking: One of the Most Radical Things We Can Do



Walking: One Step at a Time by Erling Kagge, Pantheon
(2019) 192pp \$25.00

If there is an authority on the topic of walking it has to be Erling Kagge, a Norwegian explorer who was the first person to walk alone to the South Pole, as well as walking the North Pole and summiting Mount Everest. His book is a beautiful and wise meditation on the joys of walking. While Kagge would agree with O'Mara that walking boosts the brain, he is more interested in showing us how walking slows us down and encourages us to see more of our world. He writes that seeing a place on foot is the best way to get up close, not only to the trees and buildings, but to the people.

'Today, you can live a life in a car and behind a screen, and never see the people who live around you. It's dangerous. If politicians walked instead of arriving in their nice cars or flying in by helicopter, perhaps they'd make decisions that are more relevant to the people.' Kagge also points out that most revolutions begin with walking – and that sitting down makes us easier to control.

Walking for Kagge is a natural accompaniment to creativity: the occasion for the unspoken dialogue of thinking. Walking is among the most radical things we can do.

HEYSEN HIGHLIGHTS

Simon Cameron's personal perspective, gathered over nearly 20 years of walking the Heysen Trail.

The perfect companion for walking the Heysen Trail



\$39.95 plus postage

Order on the Friends' website
heysentrail.asn.au/shop

single tents for single travellers • all diets catered for

Connecting with nature > in all its forms

flora, fauna, fun whichever way!

Gawler Ranges/Eyre Peninsula:
22 Oct - 1 Nov 2019 \$2860

All the work done for you...
tent up, bed ready, meals served

Day walks guided at your pace
flora • fauna • photography

Only one thing to do:
Call 08 8369 1779

EXPLORANGES
with our expertise you're safe to explore



Restoring Mayo Hut and the Lives of Seven Homeless Men

Paul Nicholas on how he supervised a team of seven unemployed and homeless men in restoring Mayo Hut in the Flinders Ranges as a special Bicentennial project in 1988.

The ancient Biblical prophet Isaiah once said that if you share your food with the hungry and provide the poor wanderer with shelter your people will be called 'Repairer of broken walls' and 'Restorer of streets to dwell in'. (Isaiah 58)

If you are hiking on the Heysen Trail with 15 college students, its raining and darkness is closing in fast, there is nothing better than to come across Mayo Hut with the fire burning in this cosy rebuilt ruin. That's exactly what happened in the hut in 1988 when we were putting the finishing touches to the first overnight shelter built on the Heysen Trail.

They may have been 'rich college kids from the city' but that night they were 'poor wanderers' in desperate need of shelter and a place to dry out their clothes. We all found space that night on the bunks, on the mezzanine floor and by the fire to lay out our sleeping bags and get some sleep.

But when we first discovered Mayo Hut, on the banks of Wonoka Creek, it was in ruin. After the Mayo family abandoned the property in 1914, someone had taken the iron from the roof and the walls were exposed to the weather. In 1955 there was a huge flood that rose over the ruin

and the walls came tumbling down. William Mayo had used only a very weak mud mortar with little lime to build his hut in 1899.



(Top from left) Pauline Nicholas, Eric Felgate with Leon, Maurice & Chris, and (above) Chris amid the ruins of Mayo Hut in 1988

**"Thorn bushes
grew in the ruins.
The stamp of despair and
heartbreak filled the air."**

At the time I was camping with my boss Eric Felgate and his family on Wonoka Station near Hawker. We both worked for the Adelaide Central Mission and I was responsible for running a day shelter for the homeless in Adelaide where we saw 180 people every day. They came there to have a shower, do their laundry and get a cuppa from friendly welcoming staff in a safe place.

It was Easter 1988 and Eric and I with our wives and teenage daughters pitched our tents on the McInnis property where Peter, Marion and their family hosted us for a few days camping. Peter's teenage sons were more than excited to show us around.

As we explored the vast property we came across this ruin called Mayo Hut. Its walls were only half of their original size and the rocks from the walls lay waiting on the pioneer cottage floor. Thorn bushes grew in the ruins. The stamp of despair and heartbreak filled the air.

This was a hard and hostile land on which to make a living. William Mayo cut sleepers from the river gums along the creek and towed them to the railway line with a bullock team. The demand for sleepers dried up and, after several crippling droughts in 1913 and 1914, the family could no longer sustain themselves.

But as I stood among the rocks of the ruin I began to get a rush of excitement. I could see these walls easily rebuilt and restored.

All the rocks were still there. Because the hut was so isolated nobody came to claim them for landscaping, etc. And the rocks,

Continued next page ...

Restoring Mayo Hut (cont.)

PHOTOS: Paul Nicholas

beautiful rectangular shapes with flat faces, were perfect for building. (See the photo right of the underground cellar.)

I had previously built a two-story stone home at Sevenhill, in the Clare Valley (now home to Jeanneret Wines), so I had the skills to rebuild the ruin and loved doing that type of work.

Then we noticed a red and white Heysen Trail marker nearby and it struck me. We could get a government grant to rebuild this ruin so that it could be a bushwalker's shelter on the Heysen Trail, similar to other walking trails worldwide.

We could take homeless men from the city to the Flinders and teach them building skills as we restored the hut.

My boss Eric Felgate caught the vision immediately and we returned to the city where Eric began work on seeking the necessary funds. By August that same year we had the funding of \$7,000 from the Department of Sport & Recreation. So we chose a team and went to work on Wonoka Station.

All the workers were paid award wages and many other homeless men were pleading to get a job on the project.

Taking river sand from the nearby creek and mixing it with real cement and lime, we slowly but surely rebuilt the old ruins while we camped in tents and trapped rabbits for our evening tucker.

For the men involved this was an experience of a lifetime. They were trusted to work again; given their dignity back; and learnt new skills to kick start them for future employment

Little did we know we were starting something new for bushwalkers on the Heysen Trail.

After Mayo Hut was completed, Terry Lavender for the Department found several more ruins for us to rebuild as bushwalkers' huts. We built huts at Georgetown, Williamstown, Jamestown, Riverton, Marshall's Hut near Peters Hill and many other projects including a bridge in the Adelaide Hills and a stone walkway under the railway line near the Bridgewater Mill.

After my work was completed with the Adelaide Central Mission I went on to make a miniature village at Victor Harbor and a miniature stone model of Mayo Hut that is now in the post office at Hawker. 🍷



Paul Nicholas and Eric Felgate will be guest speakers at the Friends' AGM in March 2020.



The ruined underground cellar, and Paul and Pauline Nicholas on their return to Mayo Hut earlier this year.

Reporting on the condition of the Heysen Trail

The Friends of the Heysen Trail is a volunteer organisation dedicated to the promotion and maintenance of the Heysen Trail. As such we depend on walkers for information and comment on the condition of the Trail, and any safety concerns.

Please email reports on trail conditions to heysentrail@heysentrail.asn.au or phone the Friends' office on 8212 6299.



Accommodation in the Wirrabara Forest, Southern Flinders Ranges

Close to the Heysen Trail and the Mawson Trail

Self contained accommodation for up to 8 people

Phone: 0428 827 774

Email: info@taralee.com.au

Web: www.taralee.com.au

Be Prepared with the Appropriate First Aid Kit

Judy McAdam provides advice on being prepared for any emergency on the Trail by carrying a personalised first aid kit.

Be Prepared

When we set out on a hiking adventure – be it for a few hours, a day or a week – accidents are not really on our minds, but it is something we should think about.

Robert Baden-Powell, the founder of the Scout movement, had a motto 'Be Prepared'. The meaning of the motto is that a scout must prepare him or herself by thinking and practising how to act in any accident or emergency so that they are never taken by surprise. As hikers we are well advised to take this approach to our safety and wellbeing whenever we venture out on the Trail.

The first step is to plan well to reduce the risk of accidents. But no matter how well we plan, accidents do happen and how we deal with them could make a difference.

First Aid Kits

The second step in being prepared is everyone should carry their own first aid kit.

Don't turn to the walk leader or your mates when there's an issue. The Friends use Equip First Aid kits which are recommended, although more expensive. At the very least a walker should be able to cope with personal medical conditions, plus strains, sprains and blisters, cuts and bites, including snake bite.

So what do you need to meet these challenges? The following is not by any means prescriptive, simply a guide.

- Personal medications, e.g. EpiPen, asthma medications, diabetes management kit, heart medication, etc.
- Blister kit
- Band-Aids of varying sizes
- Non-stick wound dressings
- Adhesive tape
- Scissors
- Antiseptic or Alcohol wipes for cleaning wounds



- Tweezers
- Safety pins
- Triangular bandage
- Wide compression bandage and clips (can be used for snake bite)
- Saline solution
- Sterile needle
- Sterile gloves
- Paracetamol or Panadol – for inflammation/pain relief
- Face shield for resuscitation
- Thermal blanket (space blanket)
- Note pad and pencil.

Other items that your kit could include:

- Hand sanitizer
- Bite gel such as Stingose®
- Electrolyte replacement powders or gels
- Matches or cigarette lighter
- Butterfly closure strips.

On longer trips include:

- Treatments for diarrhoea and constipation
- Cold tablets.

Remember you need to keep checking your first aid kit to make sure products have not expired, and tapes and Band-Aids still stick.

Learn to improvise

In an emergency we probably won't have everything we need, so what can we use to improvise? Hiking poles can be used as splints; scarves as a substitute for triangular bandages; clothing, safety pins



or knots used to fashion slings to immobilise upper limbs; and women's sanitary products to stem bleeding. The scope is only as wide as your imagination.

Dealing with an emergency

Okay, now we have a first aid kit in our pack, but do we know how to deal with an accident or emergency? Having a first aid kit and not knowing how to use it isn't much use. It is rather risky to rely on there being somebody in your group with a medical background.

So having current first aid training is the third step in being prepared.

There are many first aid training providers around offering training courses. To do a course usually only takes a couple of hours of pre-course online preparation and a day, every three years, to keep it up to date. Costs vary so shop around. Many providers offer after hours or weekend courses for those working full time.

Another important factor in dealing with an emergency is don't put yourself in danger just to help a fellow hiker. Anybody who has done a first aid course will know that checking for danger is the first thing you do before rendering assistance in an emergency. So stand back, take a deep breath and assess the situation before rushing in.

Make sure you have a charged mobile phone and have the Emergency+ app. It is a free app developed by Australia's emergency services and their government and industry partners. The app uses GPS functionality built into smart phones to help a 000 caller provide critical location details. If you are walking in more remote areas, a Sat phone or PLB (Personal Location Beacon) is recommended. 📶

Welcome New Members

The President and the Council would like to extend a warm welcome to the following 74 members who have joined the Friends since the last edition of *Trailwalker*, and urge them to become involved in the voluntary, walking and social aspects of the organisation.

Carol Baker
Paul Baker
Anne Barnet
Bev Boag
Rose Boucaut
Robert Browne
Lillian Camphausen
Celeste Chamberlain
Rita Clayton
Veronica Clayton
Karen Davies
Ben Dawson
Mareeta Dolling
Divya Desilva
Margaret Eichlert
Mick Ellis
Victoria Ellis
Michelle Etheridge
Donald Farrow

Rudy Farrugia
Amy Finedon
Kate Fleming
Marie Freeman
Wendy Gower
Vicki Green
Baden Greer
Patricia Griffith-Williams
Kathy Harbison
Wendy Heath
Michelle Henery
Glenys Hunt
Tamara Illman
Marcia Jackson
Yves Charles Jacquier
Sue Jarvis
Karen Johnston
Adrian Jones
Julie Jones

Carolyn Kollosche
Pat Kubiak
Mervyn Leaker
Vivien Leaker
John Liddle
Valerie Liddle
David Lovering
Hayley MacKay
Julia Manning
Hannah March
Jane Materne
Helen McCann
Peter McLeod
Kay Millard
Wayne Miller
Lou Morris
Wayne Morris
Katrina Pape

Ronnie Parle
Ellen Paull
Blair Pellegrino
Sarah Penny
Carolyn Pickering
Genny Richards
Lindsay Roesler
Michael Douglas Saunders
Judith Scott
Christopher Smerdon
Jane Smerdon
Lynn Steele
Nyoman Nadia Suartika
Christina Tassell
Steven Taylor
Bronwyn Tonkin
Annabel Walker
Pamela Wood



WISE WOMEN WALKING™

FIND YOURSELF BE YOURSELF CHALLENGE YOURSELF

KUMANO KODO JAPAN
FLINDERS RANGES
FLEURIEU PENINSULA

THE CAMINO
KI WILDERNESS TRAIL
NEPAL

LARAPINTA TRAIL
WALK THE YORKE
NEW ZEALAND

MENTION THIS AD TO GET 10% OFF YOUR NEXT WEEKENDER FOR WOMEN WITH US!

FOR ALL OUR UPCOMING WALKS, TRIPS AND EVENTS:

www.bigheartadventures.com.au

Or come see us at Level 1 192 Rundle St Adelaide SA 5000
(upstairs inside the Scout Outdoor Centre)

Phone 08 7006 5620



Volunteer Profile: *Dean Mortimer*

How long have you been involved with the Friends?

I joined in April 2007.

Why did you initially get involved with the Friends?

I wanted to improve my fitness in preparation for a walking holiday on the west coast of the USA in July 2007. I started with a TrailStarter and immediately sought something more challenging: Richard Milosh's Mt Misery TrailWalker! In June, when nothing on the walk calendar appealed to me, a member of the office staff suggested I join in with End-to-End 3 who were walking Kyeema to Dashwood Gully Road the coming weekend. I did and I got hooked.

What are some activities in which you've volunteered with the Friends?

Walk leader with E2E3, E2E4, now E2E13 and soon with E2E-2; and Walk Coordinator for E2E-1. I have assisted the Greening Committee with tree planting on occasions. I was a member of the Trail Development Committee for a short time and continue to participate in some of their scheduled trail maintenance. Also End-to-End Coordinator on the Walk Committee. (Now that I've written it down, I think I am trying to do too much.)

What's your favourite walk on the Heysen?

Newikie Creek to Dares Hill Summit Road: it's diversity, scenery and remoteness really appeals to me.

What's a favourite walk other than on the Heysen Trail?

The Half Dome, Yosemite National Park in California.

What's the funniest moment on the Trail?

The re-enactment on the morning after of the stepping-stone incident at Boat Harbour Beach with E2E-1. David Meredith had set up his inflatable armchair for lunch just across the stream;



Michael Middleton decided to help the ladies with their crossing by dropping a large 'stepping-stone' in the stream splashing David with a heavy spray of water. This earned the Morris Minus award for 'meritorious, notorious or hilarious conduct' at the following day's walk briefing. The original event was funny enough in itself, but the incident was recreated next morning for those who had missed it. David set up his chair and I passed Michael a rock from the side of the road. Michael then dropped the rock near David's feet. Out of the crowd steps Michael Brennan (THE Father Michael Brennan) with his water bottle and promptly 'anooints' David. ROTGL* - my jaws are still aching!

Is there something you'd never be without when you're walking?

I wouldn't be without my Mum. Oh no, I mean a water bottle.

What's the most memorable event/day for you on the Trail?

There are many. Short answer is E2E-1. Long answer would be a tie for first place: E2E-1's Stony Creek when all my walkers followed me through eight crossings of a raging, swollen Stony Creek on a horribly wet weekend based in Melrose. Then the equally memorable summiting of Mount Bryan in a blizzard. Third place would be surprising three deer as E2E4 were walking towards The Bluff at Wirrabara Forest. The deer charged a fence but only two got through.

*ROTGL – Rolling On The Ground Laughing

The third deer scrambled ahead of us, repeatedly and unsuccessfully charging the fence for about 50 metres. I thought this really was going to end badly. On the sixth attempt the deer scrambled under the fence and immediately started a cartoon-like, four-footed skip across the fire trail with its little tail twirling like a helicopter blade as if to say 'HaHa, you can't catch me now!' before heading into the forest.

What's your favourite town/location along the Heysen and why?

The town would be Quorn. A very nice, eco-friendly caravan park; the Pichi-Richi Railway; 'Mrs Brown' at the Austral Hotel; Emily's Bistro and the Quandong Café; and the Weinel-fest. Not to mention Mount Brown, Devils Peak and the Dutchmans Stern. Location would be the old homestead ruins at Aroona. How amazing would it be to live on that spit of land with its own spring and waking up each morning with that view down the Aroona Valley – magic! 🍷

A New Trailwalker Editor Needed

We still are seeking someone to fill the voluntary position of Trailwalker editor. The Trailwalker magazine is produced quarterly by the editor, with assistance from an Editorial Sub-Committee and members of the Marketing & Membership Committee. The editor's role customarily has been to assemble and edit editorial and photos, and layout the publication using Adobe InDesign. However, there's no reason why the roles of editorial and design cannot be separated and shared with two or more volunteers. Hands-on help is available from the current editor.

If you are interested, please discuss with the current editor Greg Martin on trailwalker@heysentrail.asn.au or phone 0450 366 773.

CAMPAIGN TO STOP ECOTOURISM PROJECT IN NATIONAL PARK

Friends of the Heysen Trail continue to support Friends of Park groups on Kangaroo Island with their ongoing campaign to stop proposed luxury accommodation in the Flinders Chase National Park. Here's the latest news on that campaign.

Eco Action KI and the Parks not Playgrounds group have employed a lawyer and a QC to challenge the development in the Supreme Court.

This follows the decision in July of the Native Vegetation Council to approve the Australian Walking Company's plans to build luxury accommodation on two coastal headlands of Flinders Chase National Park, along with kilometres of roads and tracks, plus the commercialisation of the three Cape du Couedic lighthouse keepers cottages.

This followed approval received from the State Commission Assessment Panel.

Only one more step remains in the approval process. The Australian Walking Company will now seek development approval from the Kangaroo Island Council.

The basis of Eco Action KI and Parks

not Playgrounds legal challenge to the proposed developments are:

- not being legal under the SA National Parks and Wildlife Act 1972;
- not according with the management plan for Flinders Chase National Park and the Kelly Hill Conservation Park adopted in September 1993 and amended 2017;
- proceeding without appropriate community consultation; and
- proceeding without a legitimate environmental assessment of the potential impacts on nationally threatened species and referral under the Commonwealth Environment Protection and Biodiversity Conservation Act 1999.

The Friends of Parks groups on KI have expressed their anger at the approval process. Since the beginning of the year Friends

groups have suspended their activities in parks in protest at the proposed development.

Interestingly, the development process started under the former Labor government in January 2017 when expressions of interest were called to develop accommodation and services for the Kangaroo Island Wilderness Trail. The Australian Walking Company has received a \$832,889 government grant from the Future Job Funds Grant to provide the equivalent of 30 full time jobs when operating at full capacity.

If you would like to help or have any questions, comments or suggestions on the campaign, please contact publicparksflch@gmail.com 📧

**Public
parks, NOT
private play-
grounds.**

MT BROWN ACCOMMODATION



Stay on the trail at 'Catninga Hut'

- 4 CAMP BEDS • WOOD STOVE • GAS BBQ
- CAMP SHOWER • FLUSH TOILET

Indulge yourself on the trail...



Stay at 'The Carriage' at Catninga

- VINTAGE RAIL CARRIAGE
- ENSUITE, QUEEN BED, ELECTRIC BLANKET
- CONTINENTAL BREAKFAST
- KITCHENETTE



T: 0458 436 363 or 08 8643 6327 E: catninga@gmail.com For more information: www.catninga.com

Some Botanical Thoughts on the Mt Remarkable Summit Trail

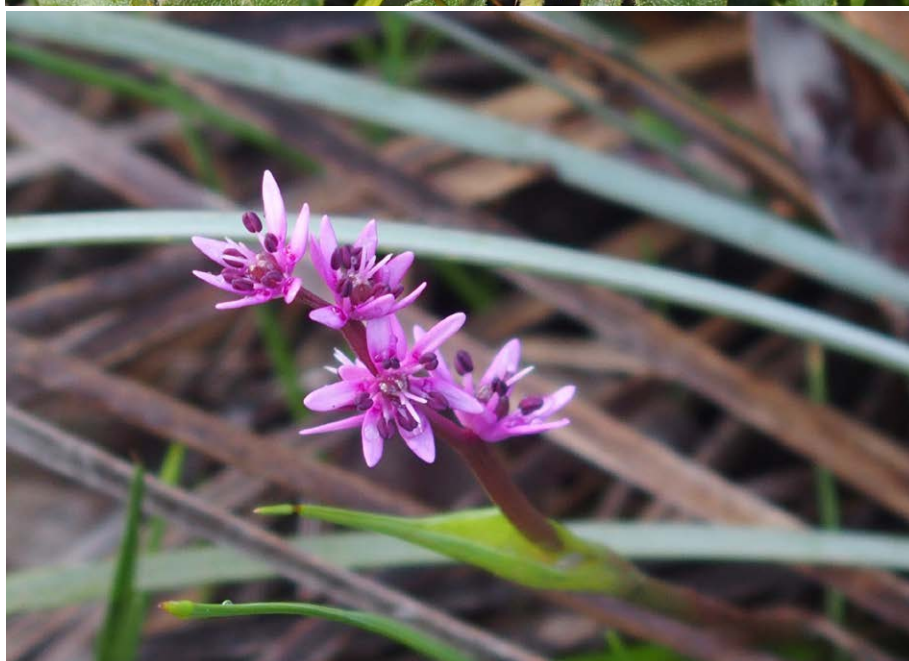
Mary Lane continues her regular feature on plants commonly found along the Heysen Trail. This time she explores the Mt Remarkable Summit Trail.

Mt Remarkable is a significant feature of the landscape of the lower Flinders, looming up as you head north. The Summit Trail, and the Heysen Trail, zig zags up the mountain from a height of 390 metres at the monument overlooking Melrose, to 960 metres at the top. As you ascend across the scree slopes and dense native vegetation, the first thing you notice is the stunning views over the Willochra Plains to the east. The second thing I noticed was the detail of the vegetation.

With a rainfall similar to Adelaide, the trees are tall and dense, with a variety of eucalypts growing according to the altitude. Beneath is a diverse understorey of shrubs, ground covers and grasses. This is in contrast to the dry Willochra Plains to the east of Goyders Line and in the rain shadow. However, what the perceptive walker will notice is that the understorey varies according to the direction in which the mountainside faces.

When the slope faces north you notice that the plants have to adapt to much harsher and drier conditions – often called schlerophyll adaptation. Sun lovers such as native heaths and grass trees thrive. However, when the path turns onto a south facing slope it is interesting to see far more delicate plants such as ferns, mosses and greenhood orchids tucked into the shady, damper corners. Micro climates indeed!

So next time you are huffing and puffing up that path make the excuse to stop and marvel at nature's clever adaptation to climate and aspect. 🌿



(From top) The flowering spike of the *Xanthorrhoea* (Yacca or grass tree); and the purple flowers of *Solanum petrophilum*, also known as Rock or Prickly Nightshade

Scroggin and Muesli Bars

Here are two nutritious and tempting snacks provided by Friends that should give you a boost and a reward on the trail.

Scroggin is a mixture of nuts, dried fruit, sweets and chocolate. You can add almost anything you like to a scroggin mix. The sweets and chocolate will give you a quick hit of sugar, the dried fruit has slower release sugars, while the nuts provide protein. Scroggin pickers – who fish out the choice nibbles (usually the chocolate and jelly beans) leaving a bag full of nuts – are the bane of any bushwalking group.

The best thing about this recipe is it's so easy to make.

Mix together nuts (peanuts, almonds, cashews), dried fruit (pawpaw, apricots, apples, sultanas, currants), chopped dates, Smarties or M&Ms, honeycomb, squares of dark and milk chocolate, liquorice bullets, jelly-babies or jelly beans.

From *Cooking for the Bush; A Wild*

Guide by Karen Tempest (1995)
Wild Publications. Courtesy of Colin Edwards.

These energy-boosting and lightweight muesli bars have less sugar and taste better than most store-bought bars. And you don't have all the wrapping that comes with most commercial versions that you need to carry out of the trail and then puzzle over whether it's recyclable or not.

250g butter
100g castor sugar
2 tablespoons honey
250g rolled oats
65g desiccated coconut
30g cornflakes, lightly crushed
50g flaked almonds
1 teaspoon mixed spice
90g dried apricots, finely chopped
185g dried fruit

Preheat oven to a warm 160°C. Line a lightly greased 20x30cm shallow



tin with baking paper.

Put the butter, sugar and honey in a small saucepan and stir over a low heat for five minutes or until the butter has melted and the sugar dissolved.

Mix the remaining dry ingredients together in a bowl. Make a well in the centre and pour in the melted butter mixture. Stir well. Press mixture into the tin. Bake for 45 minutes or until golden. Cool completely in the tin before refrigerating for two hours to make it firm before cutting into bars.

From *Slices*, Bay Books (2008), although Greg Martin, TW editor, has modified the recipe by reducing the amount of castor sugar; 'there's enough sweetness in the dried fruit'.

Travelling to Blinman?

Alpana Station Transport Service & Accommodation



David and Sally Henery of Alpana Station Blinman offer a friendly, flexible and accredited **transport service** to the BEST (!) end of the Heysen Trail: Wilpena, Blinman, Parachilna Gorge Heysen Trailhead, for walkers (individuals or groups). Also transport to the Mawson Trail and further afield if required.

Based just 5 km from Blinman in the Flinders Ranges, Alpana Station offers:

- Quality Selfcontained accommodation: **Alpana shearers quarters** for up to 14 people & **Nungawurtina Hut** bush retreat for up to 6 people
- **Powered sites** with ensuite bathroom facilities for caravans/campers
- Scenic **bush camping** areas.

Bookings Essential

Contact David and Sally Henery
Phone **08 8648 4626**
PO Box 11, Blinman SA 5730

Email: alpanastation42@gmail.com
Web: www.alpanastation.com



Favourite Short Walks

Do you have a favourite short walk? Why not share it with others. **Trailwalker** is encouraging its readers to submit their favourite short walks, whether they be part of the Heysen Trail or not. To start things off here's one of the editor **Greg Martin's** favourite short walks.

Heysen Trail Mt Lofty Loop

The best feature of this 7.5km walk is that it's a loop walk, while still using part of the Heysen Trail, and is accessible from Adelaide by public transport.

The walk includes the summit of Mt Lofty, views across Piccadilly Valley, a walk through the Mt Lofty Botanic Gardens, and the stringybark forests of Cleland Conservation Park.

Directions

The walk starts in the Mt Lofty Summit car park. Walk east downhill along Eurilla Track, following the Heysen Trail markers for about one kilometre until you reach Sprigg Road. Follow the bitumen road for 800m until Sprigg Road reaches a T-junction with Lambert Road. Turn right along Lambert Road and enter the Mt Lofty Botanic Gardens. Follow the Heysen Trail markers through the car park and across the dam. The trail here is shared with the BankSA Nature Trail, which heads uphill through the forest. Stick with the Heysen Trail markers until you exit the gardens through the main gates. Follow the bitumen road up to Summit Road. Turn right down Summer Hill Drive and follow the Heysen Trail up to Mt Lofty Summit through Cleland Conservation Park. At the top of the

Waterfall Gully to Mt Lofty Summit Hike, you can walk up to the Summit and take in the views – there are toilets and a cafe – or continue along the trail past the summit turn off to return to the entrance and the start of the hike.

Opening and Closing Times

The car park at Mt Lofty Summit can be closed at times, but the trail is still easily accessible, with some parking available on Summit Road.

The Mount Lofty Botanic Gardens

open at 8:30am Monday to Friday, and 10am other days. It closes at 4pm Monday to Friday, 5pm weekends and public holidays (6pm on weekends during daylight saving). If the botanic gardens were closed there would be no way to complete this section of the hike.

Public Transport

The walk is accessed by public transport: at bus stop 25 Summit Road, or stop 26 at Mt Lofty Summit, on the 823 bus service. 🚌

New Member Promo Winner



Contratulations to Cherry Bailey, a child care worker and keen bushwalker, who was successful in the Friends' New Member promotion. Cherry's membership application was randomly selected from 95 new members who joined FoHT between 1st March and 31st May 2019. Cherry wins a two-day guided walk along the Heysen Trail and luxury overnight accommodation for two adults at Heysen Rest at Myponga. The accommodation is generously donated by Jayne & Greg Jacques, hosts at Heysen Rest B&B.



Accommodation Nunn Road, Myponga along the Heysen Trail

2 self contained cabins with queen bed and single sofa ~ Reverse cycle air-conditioning
Complimentary beer and wine upon arrival ~ Provisions for a cooked breakfast
BBQ & outdoor setting ~ Mention this ad and get 10% discount

New to Heysen's Rest 4 brand new single rooms on the Heysen's Trail

Rooms include Ensuite, TV, fridge, king single bed, reverse cycle air conditioning and tea and coffee provided



Contact Jayne & Greg
08 8558 6397 or 0417 889 128

Email: info@heysensrest.com.au
www.heysensrest.com.au

How To Care For Your Valuable Gore-Tex Jacket

Tracey Evans provides some hints on caring for garments with Gore-Tex.

Gore-Tex is designed to repel liquid water while allowing water vapour to pass through – the idea being that rain can't get in, but perspiration can get out.

DWR (Durable Water Repellent) is a coating on the exterior of the jacket to make water bead up and roll off. This coating can be damaged due to abrasion and washing.

It is important to know how to wash a Gore-Tex jacket properly to ensure maximum performance and increase longevity.

Washing Tips

Gore-Tex needs to be washed when water ceases to bead and fall off, or when dirt or sweat contamination is present. Always read the manufacturer's instructions on the

care label before proceeding.

Prepare jacket for washing by doing up all zips, fasten flaps and straps, and loosen elastics.

Machine wash on a warm cycle (40°C) using a small amount of liquid detergent. Rinse twice to remove all residue and minimise spinning to reduce creasing. Don't use powder detergents, fabric softeners, stain removers or bleach.

There are some products specifically formulated for washing technical fabrics (e.g., Grangers Performance Wash).

Drying instructions

Line dry or tumble dry on a warm, gentle cycle. Once it's dry, tumble dry the garment for 20 minutes to reactivate the DWR treatment on the outer fabric.



If you can't tumble dry to reactivate the DWR, iron the dried garment on a gentle warm setting (warm, no steam) by placing a towel or cloth between the garment and the iron.

Water repellent treatment


If washing and drying can no longer reactivate water repellency, you'll need to reapply a Durable Water Repellent. Be sure to follow the manufacturer's instructions for reapplication. 



Image: Maggie Moy



Gary Pearce Solicitor

Take the Plunge

Specialising in wills and estates including:

- estate planning
- powers of attorney
- advance care directives
- estate litigation
- land transactions

61 Carrington Street Adelaide
South Australia 5000
T 08 8237 0572 **F** 08 8237 0508
E g@garypearce.com.au

We Can't Stop Here!

Jim McLean, in previous issues of *Trailwalker*, has proposed starting the Heysen Trail from Kangaroo Island. Here he investigates continuing the trail from Parachilna to Mount Hopeless, in the northernmost Flinders Ranges.



In May 2012, I gloriously climbed the stile in Parachilna Gorge to complete the 1200kms of the Heysen Trail independently over 22 years. My companions and I looked at each other and said, 'We shouldn't stop here. Look what's over the road!'

In the 1960s, Warren Bonython walked all the way to Mount Hopeless, the unofficial northern extent of the Flinders Ranges*. We should do the same!

Plenty of groups have done it, we thought, as we eyed the remote and mysterious country beyond. Such expeditions are not for the inexperienced, unskilled or faint-hearted. We did not fit any of these categories, but we were getting on a bit. We were past carrying 20kg packs on our backs. So this story is an attempt at a solution for everyone, including our valued senior citizens.

Spreading the maps over the table revealed a possibility that, unfortunately, did not include the spectacular interior of the Gammon Ranges. We were thinking of bases in the sheep station country between Parachilna, the Gammons and Arkaroola. From there with the aid of 4WDs we could do the route in bits and pieces: day

walks and one or two overnights. We thought Freeling Heights difficult but unavoidable. You wouldn't want to leave it out anyway.

As luck would have it there was an immediate spark of interest from my brother Andrew – a serious four-wheel driver and not so serious walker – offering transport and support for Robert Koehne, John Fuller and myself.

The base for an initial trip was Blinman Hut, the initiative of Keith and Lisa Slade of Moolooloo Station, built and fitted out for nomads like us. All country in this region is privately leased. Developing respect and good relationships is fairly straightforward but essential. If you wish to deviate from the publicly-accessible roads in the area you need permission from the landholders.

Setting off in June 2018, we quickly discovered driving to Moolooloo, chatting with Keith, and on to Blinman Hut, that it would take us

(Above) View from Patawarta Hill ... should be Patawarta Mountain! And (below) Blinman Hut and the promising but failed Nuccaleena Mine



PHOTOS: Jim McLean

*Walking The Flinders Ranges by C. Warren Bonython, 1971

Continued next page ...

longer than expected for drop-offs and pick-ups. Certainly our plan to get to Arkaroola this time round might have to be modified.

Blinman Hut was the perfect stay. Bore and rain water were on tap, the wood-fired stove warmed us in the evenings, and we had warm showers when we stoked up the elevated boiler outside. Andrew's 4WD provided refrigerated storage and lighting inside the hut. We also were equipped with spacious tents for sleeping.

A few planned warm-up excursions proved to be engaging and sobering. The promising but failed Nuccaleena Mine must have been exciting in its short life span. A lot of investment money was lost when it prematurely ran out of ore.

We searched without success for the Aboriginal rock art on Tam O'Shanter Hill, but got a great view from the top. We secured permission from the owner of Narrina Station to climb Patawarta and visit the historic Artimore sheep station. Like many features in the northern Flinders Ranges, Patawarta Hill is inappropriately and tritely named. (Bonython spends some time in his book on this point, citing examples like Dick's Knob.) Patawarta Hill should be Patawarta Mountain! From the north it was not a difficult climb; a most rewarding walk and the best of panoramic views from the top.

PHOTOS: John Fuller and Jim McLean



(From top) Andrew McLean (left) and Jim McLean enjoying the view from atop Tam O'Shanter Hill; Narrina Creek and the historic Artimore sheep station

The main business of our visit – following the Oratunga, Molkegna and Narrina creek lines, with some vehicular track on the connecting flats – was no less rewarding. It was the most pleasant 'get-away-from-it-all' country anyone could imagine.

We made it from the Trailhead at Parachilna Gorge to Narrina Homestead in four 'day walks'. But by then we were spending so much time in drop-offs and pick-ups that we knew if we went any further we would have no time for walking.

Next time we will possibly have bases at Grindell's Hut and Arkaroola, pushing on to the closest vehicular access below Freeling Heights. After that we would make our own base camps. The valley after Freeling sounds, from Bonython's book, inviting and well worth aiming for on the way to Mount Hopeless.

I have an 18-day plan in spread-sheet format and a set of maps of a route from Parachilna Gorge to Mount Hopeless that I would be willing to share. Contact me via email on jamclean57@icloud.com if you are interested. 📧



Jim McLean was a member of the Friends' Council until he stood down at the AGM in March this year.



Hanson Bay

WILDLIFE SANCTUARY

7797 South Coast Road KARATTA
P: 08 8559 7344
E: stay@hansonbay.com.au
www.hansonbay.com.au





HANSON BAY CABINS

Hanson Bay Cabins overlook the pristine beach and sparkling waters of Hanson Bay and are located on the Kangaroo Island Wilderness Trail.

WE CATER TO TRAIL WALKERS OFFERING ACCOMMODATION, CATERING, TRANSFERS, NOCTURNAL TOURS

OR TAKE OUR FULLY GUIDED 4 DAY WALKING AND WILDLIFE TOUR

VISITOR CENTRE AND CAFE

Located on South Coast Road and 20 minutes from Remarkable Rocks and close to all the wilderness attractions

Opening Hours

Spring / Summer 8am to 6pm
Autumn / Winter 9am to 5pm



We Can't Stop Here! This Debate has Legs

Andrew Eastick presented a paper to the South Australian Recreation Institute in April 1989 proposing the Heysen Trail be extended north of Parachilna Gorge to possibly Mount Hopeless. Clearly, the paper attracted some criticism. In a Letter to the Editor in the June 1990 *Trailwalker* newsletter Andrew defended his proposal. Here is an abridged version of that letter.

I re-affirm my previously expressed view that the Heysen Trail should be completed in the form of a continuous trail the full length of the Mount Lofty and Flinders Ranges as originally proposed by Warren Bonython in 1968.

My paper proposed a range of options that this final section could take. Unfortunately, many of the people and organisations who responded inferred that I had advocated that the Trail continue north in a form similar to that used in the south. This was not so. I deliberately structured the paper to consider the range of options available, and deliberately refrained from expressing a personal view.

Since preparing the paper, and its subsequent publication, I have made several extended walks into part of the area in question, namely the Gammon Ranges and the Mawson Plateau. My walking companions and I had time to reflect further on the issues relating to the extension of the trail.

Out of these discussions a new option has emerged. A concept,



PHOTO: Anne Kirk

while well established in many walking areas throughout the world, is largely untried in South Australia. Namely, using walking guides in remote areas.

The northern section of the Heysen Trail could be opened up for walkers by way of a guide service. Although people cannot and should not be restricted from walking in the area, access to the Heysen Trail north of Parachilna Gorge would be by the hire of an accredited guide, just as guides provide similar services

in remote walking areas the world over.

To the purist the only satisfactory result of this debate is for the Heysen Trail to stop at Parachilna Gorge. The purist argues that people should join walking groups to enable access to the remote northern Flinders Ranges. This view devalues the challenge and romance of walking the Heysen Trail stretching the full length of the Mount Lofty and Flinders Ranges.

Walking clubs generally do not cater for the concept of the continuous long-distance walker, evidenced by an increasing number of people who have walked all marked sections of the trail in recent years. The original concept and extent of the Heysen Trail is important in attracting people to it and this should not be under-rated.

The proposal for a guided service for the proposed northern section of the Trail acknowledges the strong view that the area should be treated as a "wilderness area" and should be free of any structures or form relating to the trail, but provide a safe access to those attracted by

the original concept of the Heysen Trail.

It is clear there will be strong opposition to the Heysen Trail extension. However, I believe this compromise will be seen by many to be reasonable, and result in access to the area in a way safe to the walker and safe to the environment.

[Editor: This is an abridged version of Andrew Eastick's *Letter to the Editor*. To read the full version see *Trailwalker* June 1990 on the Friends' website heysentrail.asn.au/trailwalker]

Win a FREE 2020 Calendar

Submit your photos to the Friends of the Heysen Trail 2020 Calendar for a chance to win a free copy.

If we use one of your photos, you'll win a calendar.

Maximum of four photos per person.

Photos need to be landscape and meet the minimum specifications; generally, a 7-mega pixel camera will suffice if on the highest image quality setting.

Email your photos to heysentrail@gmail.com by Friday 20th September. (Emails to this address can be as large as 25MB.)



PHOTOS: Simon Cameron & Philip Bell

Warren Bonython Foundation Greening the Trail

Neil Nosworthy reports on recent greening activities of the Warren Bonython Foundation.

The Warren Bonython Heysen Trail Foundation was established as the fundraising arm of the Friends of the Heysen Trail in order to assist with the development of the Heysen Trail and other walking trails in South Australia. The Foundation is a registered charity with tax-deductible donations being directed towards improving the environment around the Trail.

The Foundation acknowledges the receipt of generous donations from Michael Fogarty and Anna Molan, Neil Beverly, Cea Cea Moller and Tim Bright, Robert Surnam, and Susan Coldbeck.

The Foundation also thanks new members Jane Mathews, Niels Gebauer, Rosalind Miles and Andrew Rutherford.

Make a tax-deductible donation through our website wbheysentrailfoundation.org.au

In addition, lifetime membership of the Foundation can be obtained with a payment of \$25.00 on the website.

Greening activities

Plaques at planting sites.

Recently, plaques were erected at Worlds End, Spalding and Hiskeys Hut where trees have been planted over the last few years along the Trail. The plaques acknowledge efforts of the volunteers from the Friends of the Heysen Trail with assistance from the Foundation. As an aside, it is worth reporting that all of the plantings are developing, particularly at Spalding which is becoming a forest, although those at Worlds End continue to make slow progress.

More trees at Hiskeys Hut.

In May, about 60 more trees were planted on the southern and western sides of the hut, aiming to provide a windbreak from the prevailing winds. The wire netting

tree guards erected a couple of years ago to protect the earlier plantings from the ravages of sheep and kangaroos have been re-used. A recent inspection revealed that the new trees are thriving.

Replacement trees at Robinson Hill.

Last year, a small planting was undertaken at Robinson Hill in an effort to provide a screen for the toilet. Unfortunately, most of the planting did not weather the extended summer. So replacement trees have been planted and a more diligent care arrangement will be implemented.

Supporting local environmental groups.

The Foundation has recently implemented a strategy of assisting environmental groups working in areas along the Heysen Trail. This is seen as a good way to facilitate environmental improvements in these areas.

Cape Jervis Coastal Community Group (CJCCG).

For several years CJCCG has been working on the revegetation of land – including controlling weeds – adjacent to the Heysen Trail trailhead at Cape Jervis. Recently, volunteers from the Friends assisted the group with some new planting on the site.

The CJCCG holds bi-monthly working bees on the site and welcomes all volunteers. The next working bees are scheduled for



PHOTO: Neil Nosworthy



PHOTO: Robert Alcock

Neville Haar (left) with Neil and Ann Nosworthy with the new plaque at Spalding; and volunteers planting trees at Newland Head

19th and 20th October and 7th and 8th December 2019. Interested volunteers should contact Carolyn Schultz on carolyn.schultz165@gmail.com

Friends of Newland Head Conservation Park.

Three representatives of the Warren Bonython Heysen Trail Foundation recently attended a tree planting day at Newland Head to assist the Friends of Newland Head Conservation Park. They were among 74 volunteers who put in over 1100 plants to help restore habitat for the western pygmy possum, a vulnerable species. The Foundation aims to support further activities of the Friends of Newland Head. The group has working bees weekly on Friday mornings and on the second Saturday of the month from 9.00am until midday. Interested volunteers should contact Simon Swan on simonandlee01@gmail.com

Wading Through Canyons

Izabela Buick recommends spending time in the national parks of the Southwest of the United States.

The Southwest of the United States is a wild and adventurous part of what the USA has to offer. You could easily spend a few weeks visiting the national parks of Nevada, Utah, Arizona and California. Sadly, my family and I only had six days. Nevertheless, we managed to get a good taste of some of the most well-known and stunning national parks in Southwest USA.

We started our Southwest journey with a three-hour drive from Las Vegas to Springdale in Utah, the gateway to Zion Canyon, which is a vast national park that offers trails, climbing, camping and much more.

Like all the parks in this area, Zion is very organised and developed for tourism. There is a shuttle bus that runs through Springdale that picks up people and drops them at the entrance of the park. You must pay an entrance fee for every national park in the US. We were planning on visiting more than one national park, so a local recommended we purchase an Annual Pass for \$US80 that covered us for all the parks. Since we only had a full day in Zion, we decided to do the most famous and iconic hikes: Angel's Landing and The Narrows.

Angel's Landing is a steep straight-trail, with lots of switchbacks



Izabela Buick in Utah's Bryce Canyon ... 'a spectacular trip with tunnels, gorgeous red rocks and distinctive geological features'

– 21 in total – that allows the trail to climb the canyon wall before reaching the ridge at Scout Lookout. Here the views are amazing. We paused for the views and to play with the cliff chipmunks. From here on the hike is nothing but exhilarating, with many exposed sections, plenty of chains, guardrails and huge drop offs on either side of the path. As this hike is very exposed, it is a good idea to do it early in the morning, allowing for about four hours hiking time. We finished around 11 o'clock, had lunch and a bit of a rest, and

proceeded to The Narrows, the second famous hike in this area.

The Narrows is on many people's bucket list. It's a 16km round trip hike along the Virgin River in a gorge with 300m walls. We only walked for about 10kms. Most of the route required walking in the river, but there are some sandy, rocky paths on the side of the river that offer a short respite from the water. The water is very cold, although the canyon can be hiked in rented waterproof shoes and neoprene socks, plus long poking sticks that come in handy when the current is very strong. This hike was perfect in the hot afternoon sun, and the way back was made more pleasant with us floating with the current in the deeper sections.

The next stop on our Southwest American journey was Bryce National Park, also in Utah.

Bryce Canyon is a 2.5-hour drive from Zion, a spectacular trip with tunnels, gorgeous red rocks and distinctive geological features such as Checkerboard Mesa. The canyon is the perfect example of how erosion affects landscapes. It's famous for its phantom-like rock spires also known as 'hoodoos' that dot the landscape for miles. There are many hiking trails throughout the park with varying degrees of difficulty. It's a big park and, like

Continued next page ...



Canyons (cont.)

Zion, there is a free shuttle that drops people off at the main points of attraction.

We allocated only one day in this park and decided to do a shorter hike called the Navajo Loop Trail, a spectacular two-hour trail that starts from the rim of the Canyon and descends along a series of long and short switchbacks down to the canyon floor. Here two towering Douglas Firs have been growing for more than 750 years. There are many viewing points that can be reached in one day's drive. But to truly experience this canyon I would highly recommend doing at least one hike. Combine the Navajo Loop Trail with the Queens Garden Loop to witness some of the best scenery in the park. The unique landscape of Bryce Canyon is one not to be missed.

No journey to this area is complete without a trip to famous Antelope Canyon.

Arizona's Antelope Canyon is famous for the world's most expensive photograph.

Called *Phantom*, the photo was shot in a subterranean cavern in the canyon by Australian photographer Peter Lik and in 2014 sold for a record-setting \$6.5 million.

Because of the canyon's popularity it is very important to book a tour well in advance. I recommend booking the 10 or 11 o'clock time slot, as these times get you closer to the light beams shining through the openings in the caverns that make



Angels Landing (left) and The Narrows, both in Zion National Park; and (below) the stunning Antelope Canyon in Arizona



this place so unforgettable.

Finally, the Grand Canyon in Arizona, probably the most iconic of all the US national parks. It's like a right of passage to visit this park, the largest canyon in the world, with its 446km length, 29km width and a depth of 1857 metres.

There are two sides of the Grand Canyon, the North Rim and the South Rim. They are four hours away from each other by car, so doing both in the same day is not recommended. We went to the South Rim, the most popular, and the one that offers the most breathtaking views. There are numerous viewing points all around the park. There are a few options on reaching them: by car, with the free shuttle bus, or you can stroll the Rim Trail. We were a bit short of time, so we decided to only take in the view from a few points, such as the Mather Point, Grandview Point and the Watchtower. I will cherish forever the experience of eating sandwiches



PHOTOS: Izabela Buick

at the Lookout Studio in the Grand Canyon Village at sunset, one of the most scenic spots in the world.

The US Southwest is a very unique and stunning part of the United States. So if you are heading to Los Angeles for the famed Disneyland or the bright lights of Las Vegas, make sure you include the one-week road trip through the neighbouring National Parks of Nevada, Utah and Arizona to witness some of the most breathtaking scenery in the world. 🌄

Ossies Homestead Farmstay



- Location: 5kms from Bundaleer Reservoir in Mid North SA. Close to Heysen & Mawson Trails
- Comfortable accommodation in the Farm Homestead, includes continental breakfast
- Evening meals available - pre booking required
- Cater for walkers - transfers available by prior arrangement
- Powered & non powered sites for self contained caravans
- Tent sites

Your Hosts: Harry & Sandy Osborn
1029 Pipeline Rd, Gulnare
Info@ossies.com.au ; 0417 813 095
www.ossiesfarmstay.com

The English Way of Camino de Santiago

Kevin Liddiard describes the English Way: six days from the Spanish port city of Ferrol to Santiago de Compostela.

Travelling on business to the US and Europe in April, I decided to take time off to walk the Camino de Santiago. For those unfamiliar with the tradition, the Camino, also called the Way of Saint James, is a network of walks taken by pilgrims to the shrine of the apostle Saint James in the Cathedral Santiago de Compostela in Galicia, northwest Spain.

The most popular is the French Way, walking westward towards Santiago. Being an Anglo-Australian and seeking a quieter experience, I chose the English Way, Camino Inglés, walking six days from Ferrol southwards to Santiago. This is the historic way of pilgrims travelling from the British Isles. The walk is accepted for awarding the official Compostela pilgrim certificate.

I walked solo with UTracks, carrying a daypack between accommodations. Walking solo was a personal choice, but also the tradition of the early pilgrims. The walk was on paved footpaths, narrow alleys in towns, fields and forests, passing through the towns of Pontedeume, Betanzos and Sigueiro. Galicia is a mountainous region, so there are some steep climbs.

To gain a pilgrim certification at least two stamps per day are required in the pilgrim's passport, obtained at accommodation, churches and cafes. Some walkers simply went into the many cafes to get a stamp. I felt it incumbent to at least spend some euros; a quiet rest, a snack and a glass of vino. I reported to my family that I had mastered the Spanish for everyday greetings, courtesies and red wine.

Walking solo I opted for an accommodation upgrade. All venues were excellent; some rather eccentric. At Pontedeume I communicated via smartphone language translator, and in the morning my breakfast was delivered to my upstairs room by dumbwaiter,

which went up and down until I mastered the controls. At some accommodations evening meals were arranged at a local café, which was rather challenging guessing the Spanish menu. No problem with red wine. Oh, and evening meals start after 8.00pm.

I enjoyed the Camino and the spiritual implication of walking this historic path. As expected, there were not many walkers this early in the season; those doing so typically greeting with the Spanish 'hola', or simply 'El Caminol!'. If I stopped to rest, I was asked if I needed help. Do I really look that old? Which brings me to the last day.

I missed a waymark and two young ladies from Portugal and Belgium pointed the direction and stayed with me, looking back to ensure I was not lost. We arrived together, by this time as a team, celebrated our walk, obtaining our pilgrim certificates, and then escorting me to my hotel with hugs and kisses. Such are the blessings of a solo octogenarian walking the Camino. 🙏

For more details on the English Camino refer The Camino Ingles at www.caminoways.com

(From top) Kevin with 'two young ladies from Portugal and Belgium' outside the Cathedral Santiago de Compostela; and the English Way through typical Galician forests and villages

PHOTOS: Kevin Liddiard





Paddy Melon Bocce?

Julie Stapleton submitted these photos from a recent End-to-End 10 walk near Melrose. Her fellow walkers found a novel way of entertaining themselves with an impromptu game of Paddy Melon Bocce.

Trailwalker Photo Competition



PHOTO: Philip Bell

Philip and Leanne Bell took this photo of themselves reading *Trailwalker* at Nature's Window in WA's Kalbarri National Park. We invite readers to submit similar photos of themselves or others reading *Trailwalker* in interesting or unusual sites. (Please no shots of reading the magazine on camp loos as we're a family publication.) The best submissions will win the distinction of having their photograph published in *Trailwalker*.

Trailwalker is keen to publish any amusing or unique photos taken on the trail. Please submit your high-resolution shots, with an explanation, to The Editor on trailwalker@heysentrail.asn.au

Flinders & Beyond *Camel Treks* Blinman South Australia

2020 Walking Treks

Beyond Heysen: 22nd June – 8th July

7th July – 23rd July



Join us in 2020 on a trek completing the Heysen trail remote section 'Beyond Heysen'. Explore hidden treasures of the Flinders Ranges with camels carrying your supplies. Trek through gum lined creek beds, towering gorges, rare geological formations and sparkling dry lakes. See native flora and fauna in its natural habitat and enjoy the night sky laser show with astronomer Ryan.

Walking treks fully catered, swags and transfers included.

No roads, no vehicles, no mobile reception; detach from hectic everyday life and enjoy this unforgettable experience that will create memories to last a life time. For more information contact:

Phone: (08) 8648 3713

Email: info@flindersandbeyondcamels.com.au

Unique Burra Accommodation



- A unique experience meters from the Trail
- Log fire and wood oven
- Lit by oil lamps and candles
- Cast iron hip bath
- Bunks and Hayloft/sleeps 6
- Minimal power
- Short walk to pub, shops and market

Cost \$27p.p. - linen extra

Part of Olive Grove Retreat Accommodation

Email olivegroveretreat@gmail.com

Ph. 08 88922679

Mob. 0447 445 506

Tarn Shelf Circuit via Lake Newdegate, Twilight Tarn and Lake Webster

Mike Joyce describes a demanding 16km walk in Tasmania's Mt Field National Park that had everything from remnants of snow to rainforest.

PHOTOS: Mike Joyce

In December 2018 a group of End-to-End 6 walkers converged on Tasmania. The main purpose of the trip was to walk the 3 Capes Walk. However, if you travel to Tassie it makes a lot of sense to check out a few more walks in this beautiful state.

Eight of us booked huts in Mount Field National Park and treated ourselves to a number of walks in the area. This walk was a beauty. Described by Adam Matthews as the best day's walk he had ever done, it included steep climbs, rocky terrain, boggy sections, board walk and a variety of terrain from alpine areas with remnants of snow to rain forest. There were lakes, tarns, emergency shelters and spectacular views. All of this was included in a demanding walk that was only 16kms.

The walk starts at Lake Dobson. We actually spotted trout peacefully gliding by. There are also rumours that platypus inhabit the lake, but an evening stroll around the lake did not result in a sighting. However, a three-kilometre walk around the lake did provide sightings of some beautiful plants



Outside our accommodation near Lake Dobson with (from left) Adam, Leanne, Mark (our organiser), Robin, Lyn and Cathy



We clamber up the rocky track and (below) the reward for our climbing is amazing views over Lake Seal and beyond. The tarns also come into view to the left of the photograph

– including native orchids – and birds.

Now, back to our hike. After only a short walk beside Lake Dobson we veered left towards the alpine area. It is no surprise that as the hill climb starts so does the spectacular views across mountain ranges, valleys and Lake Seal. These views provide a welcome excuse to stop, suck in some fresh air and enjoy the scenery.

Once we reached the alpine terrain we left the rocky pathway for a boardwalk that is in place to protect the delicate alpine terrain and plants. We soon came to Rodway Hut, an emergency shelter, and the sight of the first three of many alpine lakes: Robert Tarn, MacKenzie Tarn and Johnston Tarn. The tarns are particularly beautiful as they are calm with amazing reflections. A great place to pause for morning tea.

From there we continued along the tarn shelf below Rodway Range. We progressed towards Lake Newdegate, past numerous tarns and lots of dead trees with silver trunks looking quite beautiful in the sunshine. Eventually we

Continued next page ...





Boardwalk in the alpine areas protects the delicate plants



Twilight Hut is beside Twilight Tarn. A perfect place for lunch with the Tasmanian Waratah in full bloom

Tarn Shelf Circuit (cont.)

came to Twilight Tarn and stopped at the Twilight Hut for lunch. The hut contained lots of interesting memorabilia – photos, old skis and ski poles, etc. However, the snake that greeted Robin on his way to the toilet was not appreciated.

Somehow we had the feeling that the rest of the walk would be gently downhill, but we were sadly disappointed. We had descended further than we thought. Strange how the descents go unnoticed. The track past Lake Webster back to Lake Dobson was definitely UP. It is

hard to get used to lakes being on top of hills, it just doesn't seem right.

However, we made it back to Lake Dobson, shed our footwear and soothed our feet in the cool, platypus-free water. All agreed that it was a great walk of variety and spectacular scenery. A perfect warm-up for the 3 Capes Walk. 🐘



This little stream flowed from Lake Dobson. A perfect place to cool the feet.



Passenger Transport Specialists

Explore the Mawson and Heysen Trails throughout the majestic Flinders Ranges, or around the popular Fleurieu Peninsula.

Regular Bus Services between Adelaide & Copley, and the towns in-between - passenger/freight timetables on our website.

Larger group? - then hire a bus.

08 8552 4000

genesis@genesistransport.com.au
www.genesistransport.com.au

PS Moving? we now do removals too - please ring for a quote

KENNARDS HIRE MAKES YOUR JOB EASY!



Kennards Hire is a family owned company that has grown into one of Australia's leading hire companies. We have been in the hire industry for over 60 years.

We have a wide range of equipment which is reliable and regularly serviced. Drop into one of our hire centres today and let the guys help you choose the right equipment for your next job.

135 135

www.kennards.com.au





ALPINE FLZ TREKKING POLES

Look after your knees and ankles with the durable and packable Alpine FLZ Poles, utilising the easy-to-use FlickLock® system for a perfect fit.

Great for travelling overseas as it will fit easily in your bag.

Natural cork grip with dual-density top and breathable, moisture-wicking strap
Three-section foldable shaft with speed cone deployment and FlickLock adjustability with aluminum construction

Weight Per Pair - Size 105-125 cm - 552 g

228 Rundle St. Adelaide

Ph: (08) 8232 3155

Fax: (08) 8232 3156

TOLL FREE: 1800 039 343



Paddy Pallen

Gear For Going Places!

10% off for FOHT Members

*Help care for
our bushland*

Discover and help protect some of our state's most threatened species and habitats. Spend time outdoors with others and connect with nature. Adopt your own Bush For Life site, attend a workshop or join a Bush Action Team.



TreesForLife

To get involved call 08 8406 0500
or email bfl@treesforlife.org.au

There is
always
MORE
to explore



FRIENDS OF THE HEYSEN TRAIL

— Receive 10% off* —

08 8223 5544 - 192 Rundle Street Adelaide

Visit our website www.soc.com.au

*In Store Only Excludes GPS, Watches, PLB's, Scouting Products & Sale Items

